

Senior Center
of Leesburg
102 North Street NW
Leesburg, VA 20176

703-737-8039
[www.loudoun.gov/
seniors-leesburg](http://www.loudoun.gov/seniors-leesburg)

Part of the Area Agency
on Aging a Division of



Staff:

Manager:

Casmera Lebron
703-737-8005

Assistant Manager:

Cheryl Wheeler
703-771-5156

HDM Coordinator:

Debra Mobley
703-771-5012

Café Supervisor:

Jackie Mayne
703-737-8040

Center Assistant:

Sue Depoy
703-737-5675

Customer Service:

Jennifer East
703-777-0358

Vehicle Operator:

Diane Simmons
703-771-5014

Vehicle Operator:

Dave Keyes
703-777-3437

Center Hours:

Mon./Wed./Thurs./Fri.
9:00am-5:00pm
Tuesdays
9:00am-8:00pm

Saturdays/Sundays

CLOSED
(Available for Rental)

The Center is
CLOSED on

Wed., November 11th,
Veteran's Day

Wed., open till noon
November 25th (no transporta-
tion or lunch) and
Thursday and Friday,
November 26th and 27th

CENTER NEWS

SENIOR CENTER OF LEESBURG

November 2015 Edition

Manager's Note (Cassie's Corner)

Hello Everyone!

As we enter this time of year I want you all to make sure to pay attention to the various holiday closings. We will be closed November 11th, 26th, and the 27th. Normally, we make sure to post any closings that are coming up a couple days prior to the holiday on the front lobby door. Also, as we enter the winter season please be aware of the inclement weather policy. It is a little different from last year, and it is included in this newsletter for your information. Enjoy the holidays approaching, and as always thank you for being a member of the Senior Center of Leesburg.

Thank you!

Cassie

"Aging is a matter of mind. If you don't mind, it doesn't matter." ~ Anonymous



VETERAN'S LUNCHEON



The Senior Center at Leesburg will be hosting a "Veteran's Luncheon" on **Friday, November 6th from 11:00 a.m. until 2:00 p.m.** We will be honoring service to our country. Come dressed in uniform. Share your story with friends. Musical entertainment provided by Heritage High School. Please register by 11/1. Free for Veterans! \$2 member, \$4 non-member.

THANKSGIVING

Thursday, November 19th, 11:00 a.m. until 2:00 pm. Come enjoy some time with special friends and give thanks for all our blessings. A traditional turkey meal will be served. Enjoy sweet potato pie for desert. Lunch donation applies. Reservations are required by 11/13. Seating is limited.



TURKEYSHOOT



On Friday, November 20th, at 12:45 pm, the Wii bowling league members will have a chance to win a free turkey for Thanksgiving by playing in the league this fall! If you beat your own average by 50 pins, you will win a free turkey! Average must be established by four weeks of regular play.

THE SENIOR CENTER OF LEESBURG ADVISORY BOARD

I would like to express my appreciation to all the members, staff and their family and friends for all they did to make our Spaghetti Dinner and Auction such a great success. I also want to thank my fellow board members, especially Joy Wheeler, our Fundraising Director. Thank you so much!

Deanna L. Mulvihill

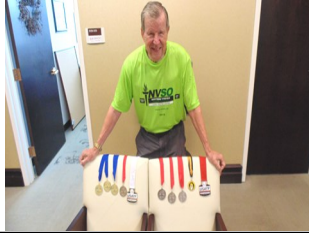
President, Leesburg Senior Center Advisory Board

SENIOR MOMENTS.....

TERRY MCCARTHY – WINNER OF 3 GOLD AND 5 SILVER MEDALS!

Terry McCarthy is a member at the Senior Center of Leesburg and enjoys competing in every race possible. The last three weeks have been the most eventful in his pursuit of Northern Virginia Senior Olympic's achievements. He is 80 years old, and participated in the 80-84 year age group. In All he won 3 Gold medals and 5 Silver medals.

Terry also competed in two other out of state events. USTF Masters National Championship in Florida. Terry earned a Silver Medal in the 5K Race and a Bronze Medal in the Mile Run and in the Maryland Senior Olympics, Terry earned a Silver Medal in the 5K Race.



THE SENIOR CENTER OF LEESBURG MEMBER HIGHLIGHT FOR NOVEMBER IS “SUSAN PALERMO”!

Susan loves needlepoint and in particular, working on street scenes and historic buildings, especially Victorians. Originally from Brooklyn, NY and California, she now resides in Leesburg, VA. Susan started needlepointing early with her mother and continued her love of needlepoint by eventually opening her own Needlepoint Shop with her friends. She generously gifted this beautiful depiction of “Historic Rainbow” in downtown Charleston, South Carolina to Anne McClanahan who used to walk hand in hand with her grandfather each evening and pass by historic homes nearly 80 years ago. Happy Days!



Congratulations to Bill Colman

Bill was a Bronze Medalist in Table Tennis at The Northern Va. Senior Olympics.

Bill is a member of The Senior Center of Leesburg and a huge Table Tennis enthusiast.



POOL TOURNAMENT

Congratulations to Al Pinti, Gold Medal, Harish Patel, Silver Medal and Lyle Small, Bronze Medal winners of the September 16th Pool Tournament held at The Senior Center of Leesburg. All three winners are members of the Cascades Senior Center. The Senior Center of Leesburg can't wait until the next one to try and at least place in

the top 3 at the next tournament! Everyone who participated had a great time. A special thank you to Carroll Howard for being our score keeper. We had over 17 participants for this tournament and we can't wait until the next one! What a great group of guys to hang out with.

HAWAIIAN LUAU

On September 18th, the Senior Center of Leesburg hosted a Hawaiian Luau. Our members arrived in tropical dresses and learned several Hula moves from our volunteer instructor, Minda Iwankovitch. Following specially prepared appetizers and lunch, the center turned up the live music and challenged the guests to a Limbo competition.



A Senior Center of Leesburg Member Highlight moment for.....



Kathryn Robinett

Kathryn enjoys her long term hobby of knitting, and making a prayer shawl. She learned how to knit from her High School Home Economics teacher. Working as a nurse, she has lived and worked in Missouri, Illinois, Kentucky and Alaska. She grew up in a German family in southern

Illinois and enjoys genealogy, plant care, walking and living near her daughter. She often shares her knitting skills with her “Stich N B friends”!

Carroll Howard

Carroll has been a very active member with The Senior Center of Leesburg for many years. He recently won in the Olympics and he always is willing to assist staff with the Tournaments, providing an overview at the beginning of the events in regards to the rules and regulations, and keeping score. We truly appreciate all of Carroll's help!



VINTAGE POTTER SHOW

On September 15th, The Vintage Potters, had over twenty plus artists display beautiful hand built pieces for the ceramics/pottery show. The show was a huge success. A special thank you to all artists, musicians, patrons, staff and who helped and participated in this event. It was enjoyed by all who attended!



PROGRAMS AND ACTIVITIES

Hand Built Pottery

Instructor, Cheryl Suitor provides instruction on hand building on the first Tuesday evening of each month. 5-8p.m., 12/01, 01/05, 02/02. Price is \$5 and includes all 3 sessions, supplies and kiln firings.

RR#227611-01

RUMMIKUB TOURNAMENT

November 18, 2015

10-2 PM (Wed.)

Compete with others in a double elimination tournament. \$2 member/\$3 non-member



TEXAS HOLD'EM TOURNAMENT

December 1, 2015

10:30AM-2:00PM (Tues.)

Play the game you have learned and love. Box lunch included in the cost. Awards to the winners. Reservations required by November 24, 2015. \$10 members/\$15 non-member. RR#227675-01.



MOVIE DAY/NIGHT

Phantom of the Opera

11/17/15, Tues., 5-7:30 PM, RR#127695-03

11/18/15, Wed., 12-2:30 PM, 127659-03

\$2 member/\$4 non-member

OCTOBER BIRTHDAYS

On Wednesday, October 14th, The Senior Center of Leesburg celebrated birthdays for the following members: Front Row (LtoR) Betty Sisk, Dorris Barringer, Susan Roland, Fran Leach, Anna Hamilton, Julia Ferreira, Lillie Kelley, Parvin Farsheed and Loverna McCormick. Second Row (LtoR) Thomas Shaw, Alexandra Seton, John Middleton, Eloise Larson, Pia Vammino, Lovela Beel, Myra Hughes, Judy Kinzler, Clara Wright, Ginny Lee, Zainul Abedin and Manouchehr Akbari. Congratulations to Eloise Larson and Zainul Abedin winners of the \$25. Gift cards provided by Stitch N' B and The Senior Center Advisory Board.



BOWLING @ VILLAGE LANES

12:30-1:45 PM (Thurs.)

Ride the bus to Ten Pin Bowling at Village Lanes in Leesburg, VA. Cost includes bowling shoes, bowling and bus ride. \$6 members/\$9 non-members.

11/5 RR#127689-01

12/3 RR#227670-01

12/17 RR#227670-02

1/7 RR#227670-03

1/21 RR#227670-04

2/4 RR#227670-05

2/18 RR#227670-06



LET'S TALK CIRCLE OF SUPPORT

We are all in transition. We are all learning how to deal with the challenges of life. Join the Circle of Support. Mary Ellen will guide the discussion. Group meets on the **3rd Monday of the Month from 10:30-12:00 PM.**



Check out the book of the month at the front desk to take home and read. Bring back on or before the 2nd Wednesday of the month. The group meets from 10:00 AM—11:00 AM on Wednesday and is on-going. Next meeting is November 18th.

ITEMS OF INTEREST.....

- ♦ CRIBBAGE PLAYERS WANTED-leave your name on a list at the front desk. Richard is trying to get the group started.
- ♦ Walkers Group-if you are interested in joining a walkers group please contact Ellie Florance or Sue Depoy.

A sign-up sheet is in the lobby if you are interested in either one of these activities.

FIRST AID CLASS

November 18th-(Wed.), 1:00PM-2:00PM

RR#127624-01

Learn how to handle an emergency, CPR, AED, Broken Bones, Burns, Scrapes and cuts (skin tare).





The Senior Center of Leesburg

November 2015



Open: Monday, Wed., Thurs., Fri. 9 am-5pm, Tues. 9am-8pm

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 9:00am Stitch'n B/Crochet 9:30am Beginner Ballet 9:30am Badminton 9:30am Free Hand Massage 10:00am Gift Shoppe 10:00am Ceramics w/Linda 10:00am O'Heck/Bid Whist 12 noon Lunch-RR-Donation 1:00pm Art Studio w/ Carol 1:00pm Setback Card Game 3:00pm Pickleball	3 9:00am/4:30pm Pickleball 9:00am Texas Hold'em 9:30am Quilting Class RR 9:30am Euchre/Mex. Train 10:00am/4:00pm Ceramics 11:00am Zumba Class RR 11:00am Bingo w/Anna 12 noon Lunch-RR-Donation 12:45pm Shop at Walmart 1:00pm Party Bridge 1:00pm Writer's Roundtable 1:00pm Silver Steppers RR 1:00pm Learn Bid Whist 2:00pm Hula & Folk Dance w/Minda 2:30pm Body & Mind Works 5:00pm Canasta/Hand & Foot	4 9:30am Badminton 10:00am Gift Shoppe 10:00am Hearing Loss Help 10:00am Blood Pressure v 10:00am Book Club 10:30am Crafts w/ Minda 10:30am Belly Dancing 10:30 Beg. Spanish RR 11:00am Bible Study 12noon Lunch-RR-Donation 12:30pm November Bdays 12-2pm Beg./Int. Line Dance 12:30pm Mahjongg 12:45pm Shop-Twice is Nice 1:00pm Drawing Class RR 1:00pm Current Events 1:00pm Spanish Workshop	5 <i>Bowling Village Lanes</i> 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Play Cornhole 9:30am Yoga and Laughter 10:30am Card Making w/ Lee 12 noon Lunch-RR-Donation 12:30pm Bowling-Village Lanes RR 1:00pm Euchre 1:00pm Pinochle 1:00pm E-Comment 2:00pm Leesburg Senior Center Advisory Board Meeting	6 <i>Veteran's Lunch</i> 9:00am Stich'n B/Crochet 9:00am Pickleball 9:30 am Zumba Class RR 10:00am Gift Shoppe 10:30am Int. Bridge Class RR 10:30am Line Dance w/Vinny 11:00am Veteran's Day Luncheon RR 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Wii Bowling 1:00pm Loud. Bridge Buffs 2:00 Canasta/Hand & Foot 2:30pm Body & Mind Works
9 9:00am Stitch'n B/Crochet 9:30am Beginner Ballet 9:30am Badminton 9:30am Investors Discussion 10:00am Gift Shoppe 10:00am Ceramics w/Linda 10:00am O'Heck/Bid Whist 11:00am Tai-Chi 12 noon Lunch-RR-Donation 1:00pm Art Studio w/ Carol 1:00pm Setback Card Game 3:00pm Pickleball	10 9:00am/4:30pm Pickleball 9:00am Texas Hold'em 9:30am Quilting Class RR 9:30am Euchre/Mex. Train 10:00am Mexican Train 10:00am Ceramics w/Linda 11:00am Zumba Class RR 11:00am Bingo w/Anna 12 noon Lunch-RR-Donation 12:45pm Shop at Wegmans 1:00pm Ceramics Class RR 1:00pm Party Bridge 1:00pm Learn Bid Whist 1:00pm Writer's Roundtable 1:00pm Silver Steppers RR 2:00 pm Hula & Folk Dance w/Minda 2:30pm Body & Mind Works 4:00pm Ceramics w/Linda 5:00pm Canasta/Hand & Foot	11  <p><i>Closed for Veteran's Day</i></p>	12 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Play Cornhole 9:30am Yoga and Laughter 10:30am Card Making w/ Lee 11:00am German Conversation 11:00am Diabetes Support Group 11:00am Senior Outreach with Kathy Kehoe RR 11:15am Lunch Bunch to Dutch's Daughter RR 12 noon Lunch-RR-Donation 1:00pm Euchre 1:00pm Pinochle 1:00pm E-Comment	13 9:00am Stich'n B/Crochet 9:00am Pickleball 9:30 am Zumba Class RR 10:00am Gift Shoppe 10:30am Int. Bridge Class RR 10:30am Line Dance w/Vinny 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Wii Bowling 1:00pm Loud. Bridge Buffs 2:00 Canasta/Hand & Foot 2:30pm Body & Mind Works
16 9:00 Free Haircuts 9:00am Stich'n B/Crochet 9:30am Beginner Ballet 9:30am Badminton 9:30am Free Hand Massage 10:00am Gift Shoppe 10:00am Ceramics w/Linda 10:00am O'Heck/Bid Whist 11:00am Let's Talk 11:00am Tai-Chi 12 noon Lunch-RR-Donation 1:00pm Art Studio w/ Carol 1:00pm Setback Card Game 3:00pm Pickleball	17 <i>Movie Night</i> 9:00am/4:30pm Pickleball 9:00am Texas Hold'em 9:30am Quilting Class RR 9:30am Euchre/Mex. Train 10:00am/4:00pm Ceramics 11:00am Bingo w/Anna 11:00am Zumba Class RR 12 noon Lunch-RR-Donation 12:45pm Shop at Marshalls 1:00pm Ceramics Class RR 1:00pm Party Bridge 1:00pm Writer's Roundtable 1:00pm Learn Bid Whist 1:00pm Silver Steppers RR 1:00pm Senior Sing-Along @ Dulles South RR 2:00pm Hula & Folk Dance w/ Minda 2:30pm Body & Mind Works 5:00pm Canasta/Hand & Foot 5:00pm Movie-Phantom of the Opera RR	18 <i>Rummikub Tournament</i> 9:30am Badminton 9:30am Beginner Ballet 10:00am Gift Shoppe 10:00am Rummikub Tournament RR 10:30am Crafts w/ Minda 10:30am Belly Dancing 10:30am Beg. Spanish RR 11:00am Bible Study 12 noon Lunch-RR-Donation 12:00 pm Beg. Line Dance 12:00pm Movie-Phantom of the Opera RR 12:30pm Mahjongg 1:00 pm Drawing Class RR 1:00pm Current Events 1:00pm Int. Line Dance 1:00pm Spanish Workshop 1:00pm First Aid Class RR	19 <i>Thanksgiving Lunch</i> 9:00am Goose Creek Bridge 9:00am Texas Hold'em 9:30am Play Cornhole 9:30am Yoga and Laughter 10:30am Card Making w/ Lee 11:00am Thanksgiving Feast Celebration RR 12 noon Lunch-RR-Donation 1:00pm Euchre 1:00pm Pinochle 1:00pm E-Comment	20 <i>Turkey Shoot</i> 9:00am Stich'n B/Crochet 9:00am Pickleball 9:30 am Zumba Class RR 10:00am Gift Shoppe 10:30am Int. Bridge Class RR 10:30am Line Dance w/Vinny 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Wii Bowling Turkey Shoot RR 1:00pm Loud. Bridge Buffs 2:00 Canasta/Hand & Foot 2:30pm Body & Mind Works



PRCS INCLEMENT WEATHER POLICY



UPDATE 8/20/2015

703-737-8039

The Senior Center of Leesburg





Programs held at Loudoun County Government Facilities

- * When Loudoun County Government is closed, all facilities are closed and all programs, activities and classes are cancelled.
- * When Loudoun County Government is on Unscheduled Leave, facilities are open and operational at regular times and programs run with minimal staff with the following exceptions:



- Senior Centers are open and operational at regular times; however no HDM or transportation services are provided.
- Lunch will be provided.



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
23 9:00am Stich'n B/Crochet 9:30am Beginner Ballet 9:30am Badminton 9:30am Investors Discussion 10:00am Gift Shoppe 10:00am Ceramics w/Linda 10:00am O'Heck/Bid Whist 11:00am Tai-Chi 12 noon Lunch-RR-Donation 1:00pm Art Studio w/ Carol 1:00pm Setback Card Game 3:00pm Pickleball	24 9:00am/4:30pm Pickleball 9:00am Texas Hold'em 9:30am Beginner Ballet 9:30am Quilting Class RR 9:30am Euchre/Mex. Train 10:00am Ceramics w/Linda 11:00am Bingo w/Anna 11:00am Zumba Class-RR 12 noon Lunch-RR-Donation 12:45pm Shop at Giant 1:00pm Party Bridge 1:00pm Learn Bid Whist 1:00pm Writer's Roundtable 1:00pm Silver Steppers RR 2:00pm Hula & Folk Dance w/ Minda 2:30pm Body & Mind Works 4:00pm Ceramics w/Linda 5:00pm Canasta/Hand & Foot	25 No Transportation and No Lunch * Center Closed Half Day (noon) * County Holiday	<div> <div>26</div> <div>27</div> <div>Center Closed for the Thanksgiving Holiday</div> </div>	
30 9:00am Stich'n B/Crochet 9:30am Beginner Ballet 9:30am Badminton 10:00am O'Heck/Bid Whist 10:00am Gift Shoppe 10:00am Ceramics w/Linda 11:00am Tai-Chi 12 noon Lunch-RR-Donation 1:00pm Art Studio w/ Carol 1:00pm Setback Card Game 3:00pm Pickleball	Veteran's Luncheon <i>Friday</i> November 6th 11:00AM-2:00PM Veteran's FREE! Please register. 	 RUMMIKUB TOURNAMENT <i>Wednesday</i> November 18th 10:00am \$2.00/members Registration Required	Please join us for a traditional Thanksgiving Feast <i>Thursday</i> November 19th 11:00am Free Event Meal Donation Registration Required 	 Wii Bowling Turkey Shoot <i>Friday</i> November 20th 12:45pm Registration and League Participation Required

DULLES SOUTH SENIOR ACTIVITY CENTER



Since it's the month of Thanksgiving, the staff at Dulles South Senior Activity Center would like to say "thank you!" to all those who volunteer here at the Senior Center. We couldn't do it without you!

AREA AGENCY ON AGING
SENIOR PROGRAMS
DULLES SOUTH SENIOR ACTIVITY CENTER
24950 Riding Center Drive
South Riding, VA 20152
571-258-3883

Important Holiday Schedule Notes

Veteran's Day
Closed, Wednesday, Nov 11th

Thanksgiving
Closing at noon, Wednesday, Nov 25th
Closed, Thursday, Nov 26th
Closed, Friday, Nov 27th

Our Birthday celebration was October 13th



Pictured: Betty Doherty, Yuelan Wang, Shakuntala Gupta, Yun Park, Jagdish Joshi and Paul Kim (back row) celebrated their October birthday on Tuesday, October 13th.

Tuesday, Nov 3rd

Election Day



Dulles South Multipurpose Center and Senior Activity Center serve as a polling place on Election Day so our schedule will change that day as we do not have the multipurpose room available to use for lunch and games. Please note the following schedule changes:

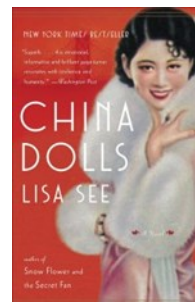
9:30 Tai Chi in Fitness Studio

10:30 Yoga in Fitness Studio

12:00 Lunch in Fitness Studio

1:00 Line Dance in Fitness Studio (please note that Line Dance will be after lunch on this Tuesday)

12:30 Games Galore in Room 1



Book Club

China Dolls

By

Lisa See

Since it's the month of Thanksgiving, the staff at Dulles South Senior Activity Center would like to say "thank you!" to all those who volunteer here at the Senior Center. We couldn't do it without you!



DULLES SOUTH SENIOR ACTIVITY CENTER

Lunch Bunch in October

Wong Kok Asian Cuisine
near Food Lion in South Riding

Monday, November 16th,
11:15 a.m.



Semi-Annual Survey

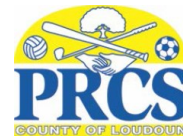
Look for the semi-annual satisfaction survey enclosed in your newsletter. Please complete and return to staff by Monday, November 30th.

Shopping Trip to Dulles Landing Shopping Center



Walmart
Monday, Nov 9th and Nov 23rd
12:30 p.m.

INCLEMENT WEATHER POLICY



Please refer to the updated inclement weather policy in the Leesburg section of the newsletter for the inclement weather policy for all Loudoun County Senior Centers for Winter 2015-2016.

Library Outreach Services

Date changed due to holiday on 4th Wednesday

Thursday, November 19th
11:00 to 12:00 Noon

Advisory Board Meeting



Tuesday, Nov 10th, 1:00 p.m.

Thanksgiving Dinner Thursday, Nov. 19th, 12:00pm

Reservations in the Lunch Sign-up Book required
by

Tuesday, Nov. 17th
Enjoy a traditional Thanksgiving dinner with
friends.



We will celebrate November birthdays on
Tuesday, November 10th at 12:30 p.m.
Come, enjoy and have fun!



Senior Sing-A-Long
November 17th,
1:00 p.m.



A Very Special Thank You.....

...To all of our program moderators and instructors!

...To everyone who made the Advisory Board Auction/Spaghetti Dinner such a huge success!

...To all of our Front Desk, Kitchen, and Café Lunch Volunteers and our Home Delivered Meals volunteers!

...To the Senior Center of Leesburg Advisory Board for their contributions and support to our activities and special events.

...To Our Senior Members who have donated to our used cell phone barrel. The Loudoun County Sheriff's Office stated you have been one of their best contributors!

...To all the artist, musicians, staff, and participants for their contributions and support at our first Vintage Potter Show. It was a great success!

The Senior Center of Leesburg **December Events**

December 1st	Texas Hold'Em Tournament
December 3rd	Bowling—Village Lanes, 12:30PM
December 7th	Classic Movie-Miracle on 34th Street
December 9th	Birthday Party Celebration, 12:30PM
December 11th	Heritage High School-Twelve Chorus Ensemble
December 14th	Classic Movie-A Christmas Carol
December 17th	Lunch Bunch at Romano's Macaroni Grill
December 17th	Bowling-Village Lanes-12:30PM
December 18th	Holiday Party, 11:30 AM
December 21st	Classic Movie-The Santa Claus
December 22nd	Movie Night-Last Holiday
December 23rd	Movie Day-Last Holiday
December 24th	Closed for Holiday
December 25th	Closed for Holiday
December 30th	New Years Party

The Senior Center of Leesburg
102 North Street NW, Suite B
Leesburg, VA 20176

Label Here

